



Community Health Improvement Plan Annual Report, 2019

Florida Department of Health in St. Lucie County

| *Respectfully Submitted March 2019*

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Introduction

This is the annual review report for the 2016 – 2020 St. Lucie County Community Health Improvement Plan. The activities and collaborative efforts of the Florida Department of Health in St. Lucie County and community partners will be reflected within the report. This document will serve as a progress review of the strategies that were developed and the activities that have been implemented. While the CHIP is a community driven and collectively owned health improvement plan, the Florida Department of Health in St. Lucie County is charged with providing administrative support, tracking and collecting data, and preparing the annual review report.

Overview of the Community Health Improvement Plan (CHIP)

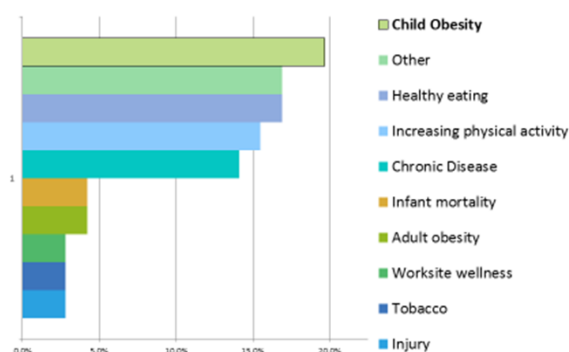
In June of 2015, the Florida Department of Health in St. Lucie County (DOH-St. Lucie) convened a meeting of community partners to discuss the development of a Community Health Improvement Plan for the period 2016-2019. This meeting marked the launch of DOH-St. Lucie's Healthy St. Lucie Initiative to promote health where we live, learn, work, and play. Thirty-seven organizations are participated in Healthy St. Lucie Coalition planning meetings.

Methodology

The Community Health Improvement Plan was developed using a Collective Impact Model. Collective impact occurs when organizations from different sectors agree to solve a specific social problem using a common agenda, aligning their efforts, and using common measures of success. The 2013-2015 plan focused heavily on socio-economic issues; however, it did not address healthiest weight, which partners felt was a major health concern in the county. The Coalition formed two committees:

1. Data Committee – to analyze statistics from Florida Charts, the County Health Rankings, Community Commons, and the local United Way Needs Assessment.
2. Survey Committee – to survey stakeholders and the public on what they viewed as the most important health issues facing our community.

What should be Healthy St. Lucie's first priority?

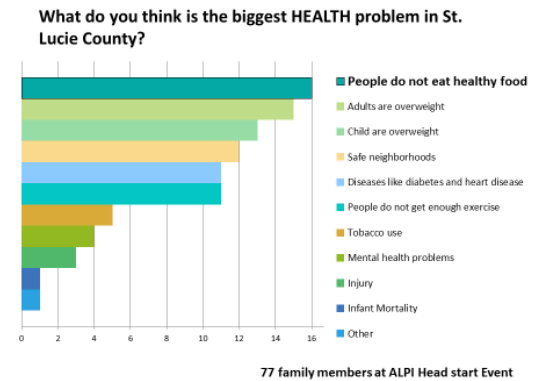


72 Stakeholders

Issue Synthesis and Prioritization

Weight, healthy eating, and increasing physical activity were chosen as priorities among stakeholders, which was supported by surveys done in the community and the Data Committee findings. As the issues outlined in the 2013-2015 CHIP were continuing to be addressed by strategic plans at the Roundtable and the St. Lucie County Health Access Network, the Coalition chose to develop a new CHIP plan that placed an emphasis on healthiest weight and chronic disease. Strategies/activities were then rated for their fit

with the barriers of access, knowledge, and norms, whether the strategy/activity was already in place here, and whether the strategy/activity could work here given current conditions and resources. In December of 2015, the Coalition came to a consensus on objectives and began constructing action plans. Individual teams will continue working on Healthy Eating, Breastfeeding, Physical Activity, and Chronic Disease. These teams will report at monthly Healthy St. Lucie meetings.



Objectives

GOAL	OBJECTIVE
Adults and youth eat a healthy diet	1.1: By FY 2019, increase the percentage of adults who consumed five or more servings of fruits or vegetables per day from 16.9% to at or above the state level of 18.3%.
	1.2: By FY 2019, Reduce the proportion of children aged 6 to 11 years who are obese by 3%.
	1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.
Residents are physically active	2.1: By FY 2019, decrease the percentage of adults who are sedentary from 30.1% to at or below the state level of 27.7%.
Chronic disease is reduced	3.1: By FY 2019, decrease the percentage of adults who said their overall health was "fair" or "poor", from 21% to at or below the state level of 19.5%.
	3.2: By FY 2019, decrease the percentage of youth ages 11-17 who used any form of tobacco on one or more of the past 30 days from 11.4% to at or below the state level of 9.2%.

Summary of CHIP Annual Review Meeting

The Healthy St. Lucie Coalition met on December 12, 2019 to review the Community Health Improvement Plan. The CHIP Coordinator gave a review of the existing plan and updates from the various workgroups throughout the year. The group reviewed progress made and challenges to success. The group decided not to revise goals or objectives of the plan at this time.



Strategic Issue Area #1: Reduce chronic disease morbidity & mortality.


A healthy diet from birth is a key component of long-term health.

Goal 1: Adults and youth have a healthy diet

Strategy: Promote food policies that support health eating

Key Partners: Food Council, United Way, Treasure Coast Food Bank, St. Lucie County Public Schools, Early Learning Coalition, WIC, Hebni Nutrition Consultants, UF/IFAS Extension Program, Florida Community Health Centers, Lawnwood Regional Medical Center, St. Lucie Medical Center, and Cleveland Clinic, Mustard Seed Ministries.


Why this is important to our community:					
Community stakeholders identified poor diets as a major health issue in St. Lucie County. Lack of access to fruits and vegetables, low support for breastfeeding, and access to unhealthy food were cited as contributing factors.					
Objective	Indicator	Current Level*	Target**	Status	Explanation of Status*
Objective 1.1: By FY 2019, increase the percentage of adults who consumed five or more servings of fruits or vegetables per day from 16.9% to at or above the state level of 18.3%.	Adults who eat 5 or more servings of fruits or vegetables per day	16.9%* (2013)	18.3%** (2013) 16.9% (2017)		Status is yellow on this measure as county level data has not been available since 2013. Data collected at both the county and state level in 2018 and 2019 and will be available in 2020.
Objective 1.2: By FY 2019, Reduce the proportion of children aged 6 to 11 years who are obese by 3%.	3rd grade BMI screenings	22% (SY15-16) 23% (SY16-17) 26% (SY17-18) 24%* (SY18-19)	19%**		BMI rates decreased in school year 18-19. Data for SY19-20 is still being collected. The 5-2-1-0 program efforts to promote healthier eating in day care centers and elementary schools continue.

Objective 1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.	Percent of mothers who initiate breast feeding	80.4% (2013)	84.2%** (2014)		Breastfeeding initiation rates are trending up. While Baby Friendly Hospital projects were completed in 2018, collaborative work continues through a Breastfeeding Workgroup that promotes breastfeeding initiation and duration.
		82.7% (2016)	86.0% (2016)		
		86.1%* (2017)	86.0% (2017)		
		86.0% (2018)	84.2% (2018)		

Goal 2: Residents are physically active

Strategy 1: Make physical activity more accessible through education and planning

Key Partners: Florida Department of Health, United Way, City of Port St. Lucie, City of Fort Pierce, St. Lucie County (BOCC and Environmental Resources Department), City of Fort Pierce, SLC School District, Cleveland Clinic.



Why this is important to our community:					
Sedentary lifestyles are contributing to high rates of diabetes and heart disease.					
Objective	Indicator	Current Level*	Target**	Status	Explanation of Status*
Objective 2.1: By FY 2019, decrease the percentage of adults who are sedentary from 30.1% to at or below the state level of 27.7%.	Adults who are sedentary	30.1% (2013)	27.7%** (2013)		Unable to evaluate status of objective due to BRFSS gap. State has moved to a 3-year rolling rate for county level data. County level data collected for 2017, 2018, and 2019 will be available in 2020.
		30.5%* (2016)	29.8% (2016)		
			29.2% (2017)		
			26.8% (2018)		

Goal 3: The negative impact of chronic disease is reduced




Strategy 1: Help people learn better prevention and management of chronic disease

Key Partners: Florida Community Health Centers, New Horizons, Area Agency for Aging, Council on Aging, Boys and Girls Clubs, St. Lucie County Public Schools, Drug Free St. Lucie, Diabetes Coalition of St. Lucie County, Tobacco Free Partnership, Students Working Against Tobacco (SWAT)

Why this is important to our community:
High rates of chronic disease are a burden on communities. Increasing access to services, reducing tobacco use, and providing education are necessary to change rates.

Objective	Indicator	Current Level*	Target**	Status	Explanation of Status*
Objective 3.1: By FY 2019, decrease the percentage of adults who said their overall health was "fair" or "poor", from 21% to at or below the state level of 19.5%.	Adult rating of their health	21.0% (2013) 16.9%* (2016)	19.5%** (2013) 19.5%* (2016)		This objective has exceeded the target; however, work continues as Age-Friendly Collaborative Grant is bringing a new set of partners to the table to examine how age-friendly St. Lucie County is. Group is also exploring measures to support the identified disparity in diabetes in the Lincoln Park neighborhood of Fort Pierce.
Objective 3.2: By FY 2019, decrease the percentage of youth ages 11-17 who used any form of tobacco on one or more of the past 30 days from 11.4% to at or below the state level of 9.2%.	Youth ages 11-17 who used tobacco in the past 30 days	11.4% (2014) 15.7% (2016) 18.0%* (2018)	9.2%** (2014) 16.3% (2016) 19.1% (2018) 19.1% (2019)		The SLC rate for this measure has gone up from 11.4% in 2014 to 15.7% in 2016 and to 18.0% in 2018. In 2016, there was a change to the measure to include electronic vaping. While nearly all forms of tobacco products are trending down, electronic vaping has increased. Tobacco Free Floirda has launched a statewide campaign, Not a Lab Rat, to raise awareness about this emerging threat. Local SWAT chapter continues to promote the campaign. December 20, 2019 the minimum age to purchase all tobacco produces, was changed from 18-21. The change is expected to be implemented and enforced in the next six months. The Tobacco Free Partnership and SWAT will be preparing to promote and support new law locally.

Status indicators are as follows:

-  = Little to no movement towards objective target
-  = some progress towards meeting the objective target
-  = reached or surpassed objective target

Revisions in 2019

Healthy St. Lucie Workgroups and Council review implementation of the Community Health Improvement Plan at monthly and quarterly meetings. Revisions to the CHIP were made after careful review of the goals, objectives, strategies and measures of the 2016 – 2020 CHIP. Recommended changes were made based on the following parameters:

- Availability of resources
- Community readiness
- Alignment of goals

See summary of changes to strategies and activities below.

Objective 1.1

- Strategy 1.1.1 title was changed: Establish a Food ~~Policy~~ Council
- Strategy 1.1.5 was added, “Create education programs and activities in Fort Pierce around healthy food.” (LFLP CAP G-1)
- Activity 1.1.5.1 was added, Engage local churches in Fort Pierce as community champions around healthy food. (LFLP CAP G-1, A-1.3)
- Activity 1.1.5.2 was added, Implement nutrition education programs in Fort Pierce with a focus on children, families and older adults. (LFLP CAP G-3, A-3.3)

Objective 1.2

- Activity 1.2.1.2 was revised as follows, “Promote 5210 in Early Learning Centers, ~~daycare~~, childcare centers, and after school programs.”
- Activity 1.2.1.3 was revised as follows, “Work with parents, staff, and children in ~~daycare~~, childcare centers.”

Objective 1.3

- Activity 1.3.2.1 was changed, Survey Confirm OB and Pediatric hospital providers are in the process of completing on their breastfeeding trainings
- Activity 1.3.2.3 was changed, Survey pediatric, family practice, and OB providers on their beliefs, practices and training needs.
- Activity 1.3.2.7 was added, Create provider specific trainings to be conducted throughout the year "Lunch & Learn"
- Activity 1.3.2.8 was added, Promote attendance at the CLC training
- Activity 1.3.3.6 was added, Promote attendance at the Mocha Moms Breastfeeding Club
- Activity 1.3.6.3 was added, Recruit at least 4 childcare centers in the target zip code to become Breastfeeding Friendly

- Activity 1.3.7.4 was added, Develop survey for post-partum mothers to assess what they need to breastfeed longer

Objective 2.1

- Activity 2.1.1.5 was added, Pilot health provider prescriptions for physical activity.
- Activity 2.1.1.6 was added, Promote and initiate neighborhood walking groups.
- Activity 2.1.3.5 was added, Develop and promote inventory of existing physical activity opportunities in Lincoln Park and Fort Pierce. (LFLP CAP G-3, A-3.1)
- Activity 2.1.3.6 was added, Promote health and fitness activities in Lincoln Park and Fort Pierce. (LFLP CAP G-3, A-3.2)

Accomplishments

Strategy	Objective	Accomplishment
1. Promote Support for Breastfeeding in the Workplace	1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.	St. Lucie County finalized access to breastfeeding/pumping room at 3 out of the 4 sites. FDOH-SLC applied for the Florida Breastfeeding Coalition's Breastfeeding Friendly Employer Award and received a Gold level recognition. An Employee Breastfeeding Support Policy was developed and submitted to Administration for review & approval. Once approved, this policy will be given to all new employees upon hire and supervisors will be responsible for updating their staff periodically regarding this policy, particularly when a staff person becomes pregnant/goes out on maternity leave/returns from maternity leave.
2. Promote Support for Breastfeeding in Early Care and Education	1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.	The Breastfeeding Workgroup was able to promote the Breastfeeding Friendly Child Care Designation program with many childcare providers at the ELC Annual Conference in February, then again at the ELC Provider meetings in March. Many childcare centers showed interest, and 4 stepped up to partner with FDOH-SLC to become breastfeeding friendly and increase breastfeeding promotion in their centers.
3. Increase Access to Breastfeeding Education and Information	1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.	The Breast Pump Resource Guide was developed by the Breastfeeding Workgroup to improve breastfeeding duration rates. The brochure contains information on where & how to obtain breast pumps for mothers who need to leave their babies due to work/school or other commitments. This brochure has been shared with many childcare centers, hospitals, Healthy Start, OB offices, DOH, and others).
How it's important for our community: Breastfeeding provides health benefits for mothers and babies. Creating a supportive breastfeeding climate in the community is vital to increasing rates.		

4. Initiate a community-wide campaign to promote physical activity.	Objective 2.1: By FY 2019, decrease the percentage of adults who are sedentary from 30.1% to at or below the state level of 27.7%.	Completed year 2 of the Billion Steps Challenge, with 2,477 registered participants (increase of 1,100 new registered in 2019), 145 teams (up 23 from last year) from 35 unique organizations. The community reached their goal of one billion steps in August and went on to accrue an additional 619,846,049 steps. Challenge will continue in 2020 with a goal of reaching another billion steps, if not more, and mobilizing more worksites to participate.
How it's important for our community: Sedentary lifestyles are contributing to high rates of diabetes and heart disease.		
5. Ensure access to fruits and vegetables at workplace meeting and events	Objective 1.1: By FY 2019, increase the percentage of adults who consumed five or more servings of fruits or vegetables per day from 16.9% to at or above the state level of 18.3%.	In June 2019, a Worksite Wellbeing Council formed to address strategies in the CHIP related to worksites. In the fall, the council surveyed over 19 unique worksites to assess resources, elected a board, and created a 2020 calendar of activities. Plans are underway to work with this board on CHIP goals in the coming year to increase healthy eating in workplace and adoption of the Billion Steps Challenge.
Community stakeholders identified poor diets as a major health issue in St. Lucie County. Lack of access to fruits and vegetables, low support for breastfeeding, and access to unhealthy food were cited as contributing factors.		

Conclusion

The CHIP serves as a roadmap for a continuous health improvement process for the local public health system by providing a framework for the chosen strategic issue areas. It is not intended to be an exhaustive and static document. We will evaluate progress on an ongoing basis through monthly Healthy St. Lucie meetings. We will conduct annual reviews and revisions based on input from partners and create CHIP annual reports each year. The CHIP will continue to change and evolve over time as new information and insights emerge at the local, state and national levels.

The Healthy St. Lucie Coalition seeks to bring diverse organizations and individuals together to improve the well-being of St. Lucie County residents.

Appendices

Appendix A: Annual CHIP Review Meeting Agenda

Appendix B: Annual CHIP Review Community Meeting Minutes

Appendix C: Annual CHIP Review Community Meeting Sign-in Sheet

Appendix D: Comprehensive List of Community Partners

Appendix E: Healthy St. Lucie CHIP Brochure

Appendix A: Annual CHIP Review Meeting Agenda



Healthy St. Lucie Community Meeting
Meeting Location: Larry J. Lee Public Health Building
December 12, 2019 3:00 – 4:30 p.m.



AGENDA

Purpose: Update on current projects, review annual CHIP strategies and successes, and solicit community stakeholder input.

Topic	Lead
Welcome/Call to Order <ul style="list-style-type: none"> • Introductions • Meeting Objectives • Announcement-RWJF Culture of Health Prize, Phase 1 	Jennifer Harris
Eating Health for Life – CHIP Objective 1.1 & 1.2 <ul style="list-style-type: none"> • Action: Review Annual Progress, CHIP Changes, Discussion 	Jennifer Harris Tricia Goulet
Eating Healthy from Birth – CHIP Objective 1.3 <ul style="list-style-type: none"> • Action: Review Annual Progress, CHIP Changes, Discussion 	Jennifer Harris Sonya Gabriel
Moving More – CHIP Objective 2.1 <ul style="list-style-type: none"> • Action: Review Annual Progress, CHIP Changes, Discussion 	Jennifer Harris
Feeling Better – CHIP Objective 3.1 & 3.2 <ul style="list-style-type: none"> • Action: Review Annual Progress, CHIP Changes, Discussion 	Jennifer Harris Nancy Yarnall Cat Hearing Serena DeFrank
Community Health Improvement Process <ul style="list-style-type: none"> • Update on Progress 	Jennifer Harris Community Stakeholders
Items from the Floor	Community Stakeholders
Adjourn – Next Meeting <ul style="list-style-type: none"> • Next meeting January 9, 2020, 3-4:30 PM at the Larry J. Lee Public Health Building 	

Appendix B: Annual CHIP Review Community Meeting Minutes



Florida Department of Health in St. Lucie County
 Healthy St. Lucie Meeting
 Meeting Location: Florida Dept. of Health in St. Lucie / Milner
 December 12, 2019 3:03 p.m. – 4:40 p.m.



COMMUNITY MEETING MINUTES

Speaker	Topic	Discussion
Jennifer Harris	Welcome/Call to Order	<p>Call to order at 3:03 pm. Jennifer Harris welcomed the group and invited participants introduce themselves.</p> <p>Final Vision and Value Statement had been approved at last meeting. Copy was posted by sign-in sheet.</p> <p>The main objective of our meeting today is to review progress on our current Community Health Improvement Plan (CHIP) which will continue through 2020. We have workgroups that meet monthly and quarterly to review progress and update the action plans throughout the year. This meeting will summarize the changes made to the plan in 2019. As our plan does not end until December 2020, we can add additional strategies along the way if needed.</p> <p>Announcement was made that we have passed Phase 1 for the RWJF Culture of Health Prize, and we have been invited to apply for Phase 2. Stefanie will be on a conference call today to find out particulars of Phase 2.</p>
Jennifer Harris Tricia Goulet	Eating For Life Chip Objective 1.1 and 1.2	<p>CHIP Objective 1.1 -Tricia reported that the Food Council has been meeting every month for the past three years. They have developed a mission and vision statement.</p> <p>Tricia report that Fort Pierce is the first town in Florida to receive a Local Foods (LFLP) technical assistant grant, and that in July/August last year the community met and developed Community Action Plan (CAP) for Fort Pierce and the Lincoln Park area. This group has joined the Food Council meetings to increase collaboration.</p> <p>SNAP Ed Grant – Adult Obesity Prevention grant which includes the <i>Eat Healthy, Be Active Community Workshops</i>, <i>Worksite Wellness Policy Changes</i>, and activities to increase Physical Activity opportunities. Jennifer reported that they are working on getting a full-time position to oversee these activities This position will be funded from October 2019 through September 2020, with the hopes that there will be additional funding for FY20-21.</p> <p><u>CHIP Objective 1.1 Changes</u></p> <ul style="list-style-type: none"> • Strategy 1.1.1: The word <i>Policy</i> was removed from name. <p><u>CHIP Objective 1.1 Additions</u></p> <ul style="list-style-type: none"> • Strategy 1.1.5: Create education programs and activities in Fort Pierce around healthy food. (LFLP cap G-1) • Activity 1.1.5.1: Engage local churches in Fort Pierce as community champions around healthy food. (LFLP CAP G-1, A-1.3) • Activity 1.1.5.2: Implement nutrition education programs in Fort Pierce with a focus on children, families and older adults. (LFLP CAP G-3, A-3.3)



COMMUNITY MEETING MINUTES

		<p>CHIP Objective 1.2. Tricia reported that 48% of 6th graders are overweight or obese. Objective is to reduce the portion of children aged 6 to 11 years who are obese by 3%. Tricia provided a brief overview of the 5-2-1-0 program the school health nurses implement in schools and childcare centers to prevent obesity.</p>
<p>Jennifer Harris Sonya Gabriel</p>	<p>Eating Healthy From Birth Chip Objective 1.3</p>	<p>CHIP Objective 1.3 was to increase the percentage of mothers who initiated breastfeeding from 80.4% to at or above the state level of 84.2%. The objective has been met, however work continues to improve rates and disparity between white and black mothers.</p> <p>Sonya reported that the Breastfeeding Workgroup meets monthly. They have had a very busy year. She stated that they are looking for ways to get mothers to breastfeed longer.</p> <ul style="list-style-type: none"> • Recently, Dr. Ardan, a pediatric dentist presented on tongue ties and the procedure to release them thus improving breastfeeding success. • A post-partum breastfeeding survey is being administered. • Dr. Daniels is championing an OB/Peds provider survey developed by the workgroup, to assess the level of breastfeeding training. • Dr. Higginsbotham, a new family practice peds provider with Heart and Family has joined the workgroup. • Six to seven childcare centers in the targeted zip codes received education on the Child Care Breastfeeding Friendly Designation. • We are about launch the CLC Program. Two were recruited today. CLC training will be at tradition in February. They will provide up to six months of breastfeeding support to Lincoln Park area women. <p>Linda Taylor suggested that may the group should go into the universities to promote breastfeeding and the group's efforts. Sonya thanked her for the suggestion.</p> <p><u>CHIP Objection 1.3 Additions</u></p> <ul style="list-style-type: none"> • Activity 1.3.2.7: Create provider specific trainings to be conducted throughout the year "Lunch and Learn." • Activity 1.3.3.8: Promote attendance at the CLC training. • Activity 1.3.3.6: Promote attendance at the Mocha Moms Breastfeeding Club. • Activity 1.3.6.3: Recruit at least four childcare centers in the target zip code to become Breastfeeding Friendly. • Activity 1.3.7.4: Develop survey for post-partum mothers to assess what they need to breastfeed longer. <p><u>CHIP Objective 1.3 Changes</u></p>



COMMUNITY MEETING MINUTES

		<ul style="list-style-type: none">Activity 1.3.2.1: Survey Confirm OB and Pediatric hospital providers are in the process of completing a survey on their breastfeeding training.Activity 1.3.2.3: Survey pediatric, <u>family practice</u>, and OB providers on their beliefs, practices and training needs. <p>There were no deletions in 2019.</p>
Jennifer Harris	Moving More Chip Objective 2.1	<p>CHIP Objective 2.1 was to decrease the percentage of adults who were sedentary from 30.1% to at or below the state level of 27.7%.</p> <p><u>Updates</u></p> <ul style="list-style-type: none">Community wide physical activity campaign, Advocate for street-scale urban design and land-use policies that support physical activity and promote access to physical activity.Jennifer reported that the Winter Wonderland mini challenge was currently on from December 6-19, 2019 and that the winners would be acknowledged at our January meeting.Jennifer provided preliminary stats for the 2019 Billion Steps Challenge. She also reported that the fee for Walker Tracker platform for the BSC has increased for 2020. As such, they will be eliminating those who are not active members in order to keep our active participants at (3,000) to better manage the budget. Jennifer reported that they will be moving from sponsorship to partnership for the platform costs. FDOH-SLC has agreed to cover the 1st ½ of the year. <p>Jennifer thanked all the sponsors that made 2019 a huge success.</p> <p><u>CHIP Objection 2.1 Additions</u></p> <ul style="list-style-type: none">Activity 2.1.1.5: Pilot health provider prescriptions for physical activity.Activity 2.1.1.6: Promote and initiate neighborhood walking groups.Activity 2.1.3.5: Develop and promote inventory of existing physical activity opportunities in Lincoln Park and Fort Pierce. (LFLP CAP G-3, A-3.1)Activity 2.1.3.6: Promote health and fitness activities in Lincoln Park and Fort Pierce. (LFLP CAP G-3, A-3-2) <p><u>CHIP Objective 2.1 Deletions</u></p> <ul style="list-style-type: none">None in 2019.



COMMUNITY MEETING MINUTES

Jennifer Harris	<p>Feeling Better</p> <p>CHIP Objective 3.1 and 3.2</p>	<p><u>CHIP Objective 3.1</u></p> <p>Decrease the % of adults who said their overall health was fair or poor from 21% to 19.5%. We have met the objective.</p> <p>Overview: Increase access to Healthcare – Florida Community Health Centers, presented Medical Society in March 2019.</p> <p><u>Updates</u></p> <p>Promoting Worksite Wellness – engaged a variety of worksites through Billion Steps Challenge, promoted use of the CDC Scorecard with local worksites, initiated Worksite Wellbeing Council.</p> <p>Chronic Disease Programs – continued the FDOH Diabetes Monthly Support Group, age friendly community network, responded to the emerging vaping issue.</p> <p>Age Friendly Health Initiative Accomplishments:</p> <ul style="list-style-type: none"> • Compiled local data and existing resources for older adults. • Identified initial targeted priorities for older adult healthy and wellbeing (food insecurity, dementia, social isolation, caregivers). • Disseminated information and resources for healthy aging • Working with local governments to incorporate age friendly strategies and policies. • Added older adult focused strategies to existing CHIP. • Ensured that older adult needs are included in the Community Health Assessment. <p>Age Friendly Health Initiative Next Steps:</p> <ul style="list-style-type: none"> • Ensure priorities for older adult health are incorporated into the new Community Health Improvement Plan • Provide opportunities for ongoing community collaboration. • Offer education opportunities and community messaging that focuses on older adults. <p>At our December 2018 meeting, we agreed to revive a Worksite Wellness Council to oversee and coordinate activities from the following strategies located under various goal areas:</p> <p>3.1.2: promote worksite wellness programs</p> <p>1.3.5: promote support for breastfeeding in the workplace.</p> <p>1.1.2: ensure access to fruits and vegetables at workplace meetings and events.</p> <p>2.1.3 : promote access to physical activity</p> <p>Worksite Wellbeing Council accomplishments:</p> <ul style="list-style-type: none"> • Formed council in June
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COMMUNITY MEETING MINUTES

		<ul style="list-style-type: none"> • Surveyed worksite HR/Wellness Professionals • Elected a Board • Established a calendar of activities for 2020 <p>Jennifer mentioned using the PSL Crosstown Running Club as a model for the community for walking groups. PSL Crosstown Running Club mentioned that they were looking into starting a new location.</p> <p><u>CHIP Objective 3.2</u></p> <p>The objective was to decrease % of youth ages 11-17 who used any form of tobacco on one or more of the past 30 days from 11.4% to 9.2% (Florida Tobacco Survey. It was reported that tobacco decreased but vaping has increased.)</p> <p>Strategy Update:</p> <ul style="list-style-type: none"> • Increased community outreach, including schools • Collaboration with Sheriff's Department with PSAs regarding e-cigarettes. • They have been at the radio station several times • Talking to target audiences at schools • Working to get Call to Action Commitment Cards signed • Efforts to reduce tobacco use by working with retailers to make sure they are compliant with the law. • St. Lucie County is the only county to collaborate with food stores <p>Next Steps: Getting letters of support, continued merchant relationship building, community education and outreach, and participating on task force.</p>
Jennifer Harris	Community Health Improvement Planning Process	<p>Jennifer provided a brief summary of progress on the Community Health Improvement Planning process which included a report that the Vision and Value Statements have been finished, the Forces of Change Assessment is in progress, and that they will be finalizing vendor to oversee the CHA in the next few weeks</p> <p>The Community Health Assessment will be finished by 6/30/2020.</p>
	Items from the floor	<p>The PSL Crosstown Running Club promoted their upcoming race on the Crosstown Parkway scheduled for March 28, 2020. This will be the first annual 5k. The benefactor for the race is the HANDS clinic which provides low and no cost medical care to those in need. Registration for the race is open and they are looking for sponsors.</p>
	Adjourn 4:40 PM	<p>Next meeting was set for January 9, 2020 at 3:00 PM at the Larry J Lee Public Health Building.</p>

Appendix C: Annual CHIP Review Community Meeting Sign-in Sheet



Healthy St. Lucie Coalition Meeting
Location: Larry J. Lee Public Health Building
December 12, 2019 3:00 p.m. – 4:30 p.m.



Sign In Sheet

Purpose: Engage community in a discussion on the community health improvement plan

Attendees:

Name	Organization	Email	Phone
Lawrence S. Kumbia	DOH		
Nancy Yarnall	Area Agency on Aging	NYarnall@YourADRC.org	561-684-5885
Serena DeFrank	Tobacco - DOH	Serena.defrank@flhealth.gov	772 785-6435
Jessica Parrish	UNSLC		
Betty Nucky	PSL Christian Town		
David Vainia	Treasure Coast	dvainia@treasurecoastfla.gov	772 484 3034
Christy Scrube	DOH-St. Lucie	Christy.Scrube@flhealth.gov	772 873 4949
Linda Shrewsbury	PSL Christian Town		772 263 6186
Sonya Gabriel	FDCH-SLC	Sonya.Gabriel@flhealth.gov	772-462-3955
GRACE VIRGIL	MIRACLE WORKS	GRACE@MIRACLEWORKSFL.com	772 618 5460
Angela Aulio	ICMH	angela.aulio@martinhealth.org	772 223 4904
Theresa Gorman			
Patricia Follans	CMS TV.		
Greg Smith	Mustard Seed Ministries	Gsmith@MustardSeedSLC.org	772-460-6021
Tiffany Parrish	HCSEF/LOHIN	tparrish@hcsef.org	

Appendix D: Healthy St. Lucie Coalition Members

First Name	Last Name	Agency	Workgroup 1
Anne	Alexander	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Kendra	Auberry	Indian River State College	Worksite Wellbeing Council
Angela	Aulisio	Cleveland Clinic - Martin Health	Healthy St Lucie
Dawn	Bond	Bell House Doulas	Breastfeeding Workgroup
Betty	Bradwell	Lincoln Park Advisory Council	Food Council
Jenny	Buntin	UF/IFAS Extension Program	Food Council
Audrey	Burzynski	Floridians Fighting Falls	Age Friendly
Bernadette	Butler	Cleveland Clinic Tradition	Breastfeeding Workgroup
Sarah	Casto	Sequel Care	Healthy St Lucie
Ronda	Cerulli	Florida Department of Health - St. Lucie	Healthy St Lucie
Mally	Chrulski	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Robyn	Connor	Florida Community Health Center	Breastfeeding Workgroup
Tony	Copeland	Aging & Disability Resource Center	Age Friendly
Raymond	Correa	Florida Community Health Center	Breastfeeding Workgroup
Kerri	Daniels	Florida Community Health Center	Breastfeeding Workgroup
Serena	DeFrank	Florida Department of Health - St. Lucie	Food Council
Nelly	Diaz	Council on Aging of St Lucie	Age Friendly
Jim	Dwyer	Children's Services Council	Healthy St Lucie
Joanne	Fenty	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Krista	Garafolo	Treasure Coast Food Bank	Food Council
Tricia	Goulet	Florida Department of Health - St. Lucie	Food Council
Homer	Gutierrez	Treasure Coast Food Bank	Food Council
Jennifer	Harris	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Charlette	Hayes	Florida Community Health Center	Breastfeeding Workgroup
Cat	Hearing	St. Lucie Public Schools	Worksite Wellbeing Council
Karla	Higginbotham	Heart and Family Institute	Breastfeeding Workgroup
Michelle	Hoff	Lawnwood Regional Medical Ctr.	Breastfeeding Workgroup
Melissa	Jones	Floridians Fighting Falls	Age Friendly
Marie	Jorda	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Bridget	Lane	UF/IFAS Extension Program	Food Council
Kenna	Leonhardt	St. Lucie Mets-Silver Sluggers	Healthy St Lucie
Amy	Longar	Cleveland Clinic-Martin Health	Healthy St Lucie
Onidis	Lopez	Florida Community Health Center	Breastfeeding Workgroup
Jennifer	Martin	Humana	Healthy St Lucie
Bill	May	City of Port St. Lucie PD	Physical Activity Council
Regina	McCants	Sunshine Kitchen	Food Council
Claudia	McCaskill	City of Port St Lucie	Worksite Wellbeing Council

Crichton	McCutcheon	TCR Crosstown Runners & Walkers	Healthy St Lucie
Tamia	McEwan	Be Well Friends	Worksite Wellbeing Council
Edgar	Morales	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Jen	Muzzin	St. Lucie County Schools	Food Council
Stefanie	Myers	Florida Department of Health - St. Lucie	Age Friendly
Wendy	Myers	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Jessica	Parrish	United Way of SLC	Physical Activity Council
Sheryl	Paul	Slow Food of the Treasure Coast	Food Council
Colleen	Phillips	2-1-1 Helpline	Healthy St Lucie
Glen	Providence	Hebni Nutrition Consultants, Inc.	Food Council
Mary	Rainer	Birth Blossoms, Le Leche	Breastfeeding Workgroup
Angela	Roberson	Florida Department of Health - St. Lucie	Healthy St Lucie
Carol	Roberts	University of Florida/IFAS	Food Council
Kit	Santacroce	Kids Connected by Design	Breastfeeding Workgroup
Caleta	Scott	City of Fort Pierce	Food Council
Laureen	Sihomberg	Florida Department of Health - St. Lucie	Breastfeeding Workgroup
Clint	Sperber	Florida Department of Health - St. Lucie	Healthy St Lucie
Stephanie	Symmons	Hibiscus Children's Center	Breastfeeding Workgroup
Clorisse	Stephens	Helping People Succeed	Food Council
Felicia	Termine Bonner	St Lucie Medical Center	Breastfeeding Workgroup
Clyde	Tiger	Fit Fixins	Healthy St Lucie
Irene	Torreggiani	Florida Community Health Center	Breastfeeding Workgroup
Stephanie	Turner	Florida Community Health Center	Breastfeeding Workgroup
Bernadette	Urbina	St. Lucie Medical Center	Breastfeeding Workgroup
Grace	Vergis	Miracle Works	Worksite Wellbeing Council
Harmonie	Wampler	St. Lucie Medical Center	Breastfeeding Workgroup
Nancy	Yarnall	Area Agency on Aging	Age Friendly
Laura	Zel	Morse Life Health Systems	Age Friendly

Appendix E: Healthy St. Lucie Coalition Brochure

Community Health Improvement Plan

In June of 2015, the Florida Department of Health in St. Lucie County met with community partners to begin work on a Community Health Improvement Plan for 2016-2020. This meeting launched the **Healthy St. Lucie Coalition** to promote health where we live, learn, work, and play.

Over 30 agencies are working with Healthy St. Lucie to build a culture of health in our community. Recognizing that childhood obesity, unhealthy diets, and sedentary lifestyles are contributing to poor health, the Coalition selected the following focus areas for 2016-2020:

- Healthy Eating and Breastfeeding
- Physical Activity
- Chronic Disease



Healthy St. Lucie



The Healthy St. Lucie Coalition meets on the 2nd Thursday of every month, from 3-4:00 pm, at the address below. Learn more about Healthy St. Lucie by visiting our website: www.HealthyStLucie.org

Florida Department of Health
St. Lucie County
Healthy St. Lucie Initiative
5150 NW Milner Drive
Port St. Lucie, FL 34982
(772) 785-5838

Healthy St. Lucie recommends 5-2-1-0!



- 5 servings of fruits and vegetables every day
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks or tobacco



Promoting health where we live, learn, work, and play!



www.HealthyStLucie.org

Eating Healthy from Birth



Goal: More mothers breastfeed their babies

Strategies:

- Promote breastfeeding in Maternity Care Practices
- Promote professional education on breastfeeding
- Increase access to professional breastfeeding support
- Promote Peer Support Programs
- Promote support for breastfeeding in the workplace
- Promote support for breastfeeding in Early Care and Education settings
- Increase access to breastfeeding education and information
- Use Social Marketing to promote breastfeeding across the community

Eating Healthy for Life

Goal: Kids and Adults eat a healthy diet

Strategies:

- Establish a Food Council
- Ensure access to fruits and vegetables at workplace meeting and events
- Establish policies to incorporate fruit and vegetable activities into schools to increase consumption
- Include fruits and vegetables in emergency food programs
- Promote Florida Healthy Eating and Physical Activity (HEPA) Standards in Early Learning and Afterschool settings



Moving More

Goal: Residents are physically active

Strategies:

- Initiate a community wide campaign promoting physical activity
- Advocate for street-scale urban design and land-use policies that support physical activity
- Promote access to physical activity in all places



Feeling Better

Goal: Reduce Chronic disease

Strategies:

- Seek ways to increase access to health care
- Promote worksite wellness programs
- Promote evidence-based guidelines to manage chronic disease at health care practices
- Promote tobacco free policies and youth education

